

GENTLEMEN'S BOW (STANDING)

This is a standing version of Gentlemen's Bow, described earlier (see page 76). Be sure to provide support for the upper body during the forward lean, or bow.

Benefits »

- ⦿ Stretches entire posterior leg and hips.
- ⦿ Adds an element of balance because it's done standing.

How to Do It »

The Start

Have participants stand sideways behind a sturdy chair or other balance support. They should rest the chair-side hand and forearm on the chair back or on a handrail for back support. Feet should be parallel, shoulder-width apart.

The Moves

Use the following cues.

- ⦿ Extend one leg out and place the heel on the floor. Keep the knee as straight as is comfortable.
- ⦿ Draw in the abdominal wall and take a bow, slowly leaning forward from the hips over the straight leg. Allow the stretch to develop; hold 10 to 15 seconds.
- ⦿ To progress and involve the lower back, extend the free arm and reach up to about ear level. Then reach out a little more.

